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Your essential daily news | WEDNESDAY, MAY 27, 2015

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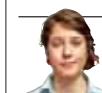


Kerry Lynch poses for a photo Tuesday in front of a few of his micro-loft developments recently contracted in the backyard of a Hunter Street house in Halifax. For coverage, see [metroNEWS](#). JEFF HARPER/METRO

Garbage bag gifts

WASTE

Council votes for unsolicited offer from Glad Canada



Stephanie Taylor
Metro | Halifax

It was made clear during Tuesday's city council meeting that Halifax welcomes a company's gift of garbage bags in exchange for product sponsorship.

Halifax Regional Municipality councillors voted unanimously in favour of accepting what staff called an unsolicited offer from Glad Canada, valued at \$310,000, to provide 400,000 free clear bags for the city to distribute to residents, in anticipation of HRM's switch to curbside collection, which begins Aug. 1.

"Well I'm glad," Coun. Reg

Rankin said of the deal during Tuesday's meeting, to the groans and chuckles of fellow councillors.

"There's no strings attached, there's a reciprocal contract here. It's transparent. It's clear."

A staff report details the company's only ask is that HRM offer sponsorship by including a link to their site on the city's solid waste web page, which drew concerns from Coun. Jennifer Watts about the length of time the promotion will be featured.

"I strongly support the clear bag move and I think this will be a really important tool," she said, while cautioning that residents likely don't want to see the city's website become cluttered with product plugs.

That was of little worry to councillors Barry Dalrymple and Gloria McCluskey, both of whom believed such a deal will send a strong message to other companies that the municipality is open to similar opportunities.



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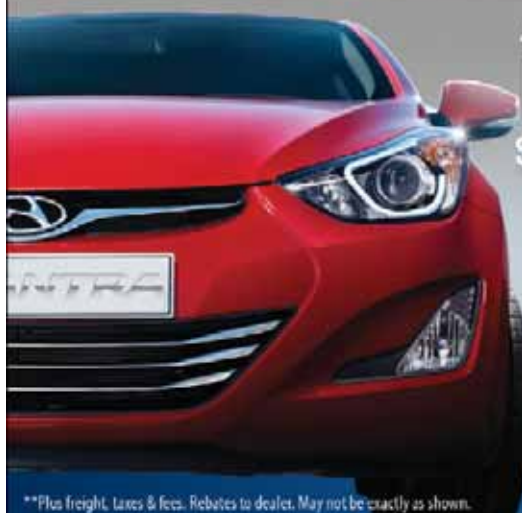
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Mackenzie Joy displays one of her photos in her home on Tuesday. The 10-year-old is raising money for the IWK Health Centre and overseeing a budding photography business. JEFF HARPER/METRO

Girl spreading Joy with camera

PROFILE

Halifax girl raises funds for IWK via photography



Haley Ryan
Metro | Halifax

Mackenzie Joy brushes a strand of brown hair out of her face and adjusts her blazer as she looks through file folders crammed with glossy prints.

Mackenzie, 10, and her mother Renena organized colourful photos of flowers on Tuesday to mail to customers from their Middle Sackville home, which doubles as the headquarters for Mackenzie Joy Photography.

"It's awesome," Mackenzie said with a grin as she looked over the photos taken since "Santa" brought her a Nikon camera this Christmas.

Renena said it's always been important for Mackenzie, who has a chromosomal abnormality, learning challenges and ADHD, to give back to the IWK Health Centre, where she's had multiple surgeries and visits in her young life.

"(I want) to help them take care of people," Mackenzie said.

It was Mackenzie's art teacher who first noticed her artistic eye, Renena said, adding it was "amazing" how quickly she figured out how to take photos on her own.

"I just looked into the eye hole and started zooming in," Mackenzie said with a shrug, flicking through razor-sharp images on the camera.



An example of Mackenzie Joy's flower photography.

COURTESY MACKENZIE JOY

Her family hosted a show of Mackenzie's work in her school this January as a fundraiser for the IWK Foundation's annual radiothon and came out with \$700, which

blew them away, Renena said. Some people left messages for Mackenzie during the show, including classmates who said she was "such a pro."



Just because you're one person doesn't mean you can't make a difference.

Liz Hallett, IWK Foundation

"That gave her a significant confidence boost," she said. "I think that it really changed the perception that these kids may have had of Mackenzie, because she struggles so much at school."

Although Renena said she thought that might have been the end of it, people from across the community and family back in Newfoundland saw Mackenzie's photos on Facebook and wanted to know where to buy prints.

They have sold about five photos a week since February, Renena said, and brought in about \$500 already, half of which they took Tuesday to the Dartmouth Costco, which

promised to match every dollar for the IWK Telethon.

Besides the roughly \$6,000 the Joys have raised for the radiothon over the past three years, Renena said the money generated through Mackenzie's business is extra special because she is learning math, printing and organizational skills — and a camera in Mackenzie's hand is all she needs to focus.

+ BACKGROUND

The IWK Foundation's Telethon airs May 30 and 31 on CTV.

DEVELOPMENT

Fall River Project moving ahead

It seems that a landmark hotel in Fall River will soon be gaining the title of tallest building in town.

Transforming the well-known Inn on the Lake into a proposed six-storey condominium unit was approved during a recent public meeting at a North West Community Council, according to the area's councillor, Barry Dalrymple.

"It's a very, very, very big building," Dalrymple said.

"I believe (the owners) mitigated it with great landscaping, design and everything else, but it's obviously still a concern for the community," he explained, citing that the size of the development was a criticism raised by numerous residents during the recent meeting.

Other worries included the impact a proposed left turning lane into the site would have on traffic in the area, as well as the lack of proper water and sewage services, he said.

Dalrymple said moving forward, the building still has to undergo a process to receive permit approval to install a septic system, plus outdoor lighting.

STEPHANIE TAYLOR/METRO

IN BRIEF

Women give back in Truro

Another Nova Scotia organization will soon receive thousands of dollars thanks to women in the community. Another 100 Women Who Care event will take place on June 2 at the Nova Scotia Community College's gym in Truro.

Cindie Smith, an event co-ordinator, said more than 470 women will participate in the event. TRURO DAILY NEWS



Hula hoop artist Lisa Lottie performs during the Halifax International Busker Festival in 2013. A new administrative process promises to streamline how organizers apply and receive city money for events, such as Buskerfest. JEFF HARPER/METRO

Council approves new grant structure

EVENTS

Changes to be introduced in 2016-17



Stephanie Taylor
Metro | Halifax

Overhauling the way the city manages its civic funding for festivals and events ignited a lengthy debate at city hall on Tuesday.

But that came as no surprise to the Halifax Regional Municipality's manager of regional recreation and culture, who introduced a new administrative process that promises to streamline how organizers apply and receive city money for events.

The proposal was approved

during Tuesday's committee of the whole meeting.

"Events are near and dear to councillors' and council's heart," Denise Schofield said afterwards, adding this is the first time since amalgamation that HRM has conducted an in-depth review of its grants program.

The review was borne out of criticism from the auditor general's office, which stated that under HRM's current structure, the processes by which events are funded did not operate on a level playing field.

Therefore, the new structure features sweeping changes, including creating three separate funding streams that re-categorizes festivals as either as large "economic drivers," cultural or community-led events.

"Each category has (its) own specific criteria, so you're not going to be comparing a cul-

“This is about making clear, understandable, transparent, equitable processes.”
Denise Schofield

tural event against a sporting event against an economic event. Everybody will be assessed against their own peers," Schofield explained afterwards.

By creating three separate reserves of money, the overall amount of civic funds available increases from \$1.3 to \$1.6 million, she added.

However, several councillors raised the alarm that re-categorization eliminates the automatic annual funding a handful of community events have received for

decades, including Sackville Patriot Days that receives \$20,000 and the Halifax County Exhibition that receives \$25,000.

Under the new structure, all events not led by HRM staff would have to formally apply for funding, which worried councillors Brad Johns and Barry Dalrymple, who said longtime community events have no guarantee they will have proper funding.

"Not in any shape or form do I think this is fair across the board at all," Coun. Dalrymple said. "The Halifax County Exhibition has been there for 130 years and it draws huge impact from all over and outside this province."

Although regional council later ratified the new administrative structure, city staff said it would not be introduced until 2016-17.

ARENA

Council seeking proposals

Halifax's city council unanimously voted Tuesday in favour of moving forward with a staff recommendation to issue a request for proposal (RFP) for designs of a new four-rink arena in Dartmouth, including an Olympic-sized ice surface.

"This is a new business model that will replace aging inefficient buildings," Coun. Darren Fisher said Tuesday at city hall in downtown Halifax.

Council also gave the go-ahead to two amendments tabled by Fisher, asking that energy modelling for heat recovery be included in the design proposals, in order to increase building efficiency by mitigating the arena's heat loss, and also that the arena's naming rights be sold to corporate sponsors.

"As long as we continue to move forward in the next 24 months considering every possible option, then I think we're going to have ourselves one of the finest facilities in Canada," Fisher said. STEPHANIE TAYLOR/METRO

TAX DEAL

First reading approved

A new tax deal between Halifax Regional Municipality and Irving Shipbuilding was once again a hot topic of discussion at city hall, as the agreement moved forward Tuesday on its way to become law.

During Tuesday's regional council meeting, the bylaw that authorizes the 25-year agreement between the municipality and Irving was given its first-reading, which eventually passed 11-4 to continue with a second-reading.

Councillors Stephen Adams, Brad Johns, Jennifer Watts and Matt Whitman all voted against the motion. "I can't support giving a break to a billion-dollar company," Johns said Tuesday.

But not supporting the bylaw was a way of "telling other industries we're not open for business," according to Coun. Russell Walker, who espoused his support for the agreement.

Under the new deal, Irving will pay \$563,000 in property taxes for this year that will increase annually by one per cent, which will result in upwards of \$700,000 by the year 2039.

STEPHANIE TAYLOR/METRO

DARTMOUTH

Council considers Sawmill River costs

City staff have been tasked to compile another report on the cost of hiring an external consultant to investigate the financial details of daylighting Dartmouth's Sawmill River.

Coun. Gloria McCluskey tabled the motion during Tuesday's regional council meeting, calling for a full cost of bringing the historic river above ground.

However, the city's chief administrative officer clarified that such an undertaking

would require the expertise of an outside consultant and could not be done in-house.

Therefore, staff should bring forward a report on the cost and process of hiring a consultant to take on the study, which council approved.

Critics called the original report "defective" and "flawed," arguing it only focused on the barriers of the project without providing detailed financials.

STEPHANIE TAYLOR/METRO



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Long Service Awards mark milestones for N.S. paramedics

MOUNT SAINT VINCENT

40 workers recognized at ceremony

Rebecca Dingwell
For Metro | Halifax

Although it was 20 years ago, John Bignell still remembers his first day on the job as a paramedic.

"It was a huge responsibility for a young person," Bignell said Tuesday.

Only a high school student at the time, Bignell was scared. That day, he had to respond to the aftermath of a car crash.

"It really opened my eyes, that we play an integral role," Bignell recalled. "If we weren't there, who would have transported this patient to the hospital?"

Bignell was one of almost 40 workers who walked across the stage to receive a Long Service

Award at Mount Saint Vincent University in Halifax.

This year marked the sixth annual ceremony.

Leo Glavine, Health and Wellness Minister, spoke about how much the job has changed over the years.

"Decades ago, a paramedic was a person with a first-aid certificate and a driver's licence," Glavine told the recipients. "Today, you are a highly trained health-care clinician."

These days, Bignell works in the Hubley area of Halifax Regional Municipality. It's hard for him to pinpoint his most memorable moment in the past two decades — he has a few.

"When you deliver a baby for the first time, the excitement in the mom's eyes, and you get to present the baby to

her," Bignell said.

The people he's met are what stick out in his mind the most.

"I think that is what's unique about this job: the fact that we meet people on their worst day and we can make it somewhat better for them."

Of course, any career that comes with rewards also comes with challenges. Bignell said "children calls" became much more difficult for him after he became a father.

"I can connect with Mom and Dad, I can connect with the family," Bignell explained. "It kind of makes you reflect on the job."

Bignell said he was excited to be recognized among his fellow paramedics Tuesday.

"There's 183 years of history of EMS in Nova Scotia," Bignell said.

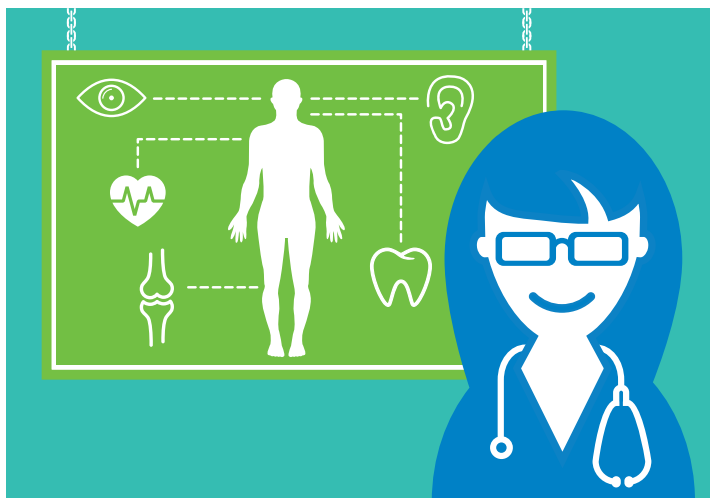
800

There are more than 800 Emergency Health Services paramedics in the province, according to the Department of Health and Wellness.



Paramedic John Bignell, left, laughs with his colleagues after receiving a Long Service Award on Tuesday. JEFF HARPER/METRO

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Business loses hundreds to power-company scam

FRAUD

Impersonators 'really did their homework,' victim says



Haley Ryan
Metro | Halifax

After losing more than \$800 in a phone scam, a local man is warning others about fraudsters who knew a "disturbing" amount of detail about his business.

Peter Dorey, who handles sales for a local manufacturing company, said they were called Monday morning from a man claiming to be from Nova Scotia Power (NSP).

The caller said the account was in arrears and unless they paid up, their electricity would be shut off by noon.

"He was a very quick-witted gentleman. They actually had a lot of our account details and



Halifax resident Peter Dorey was the victim of a phone scam during which callers pretended to be collecting for Nova Scotia Power. JOSH BROWN/FOR METRO

information," Dorey said Tuesday, adding the caller knew their business operated out of a home and had two accounts — and could even recite their payment history.

"They really did their home-

work," he said. Because the fake representative stated a four-digit identification number before forwarding the call to his "boss," Dorey said their office manager thought everything was legitimate and followed instructions to

go to a nearby convenience store, buy a prepaid credit card and call them back with the information to "settle the account."

Dorey said they were told if they sent proof of payment to NSP, they would get back the dif-

ference between their bill and the \$844 they sent in, plus a 30 per cent discount on next month.

"Looking back on it now, it was kind of silly and he did pull the wool over our eyes, but it was the amount of personal information that they had," Dorey said.

It wasn't until Tuesday morning that Dorey said their manager started worrying about the odd call the day before, and phoned NSP to double-check.

That's when the manager was told NSP employees use five-digit numbers, and their account was up to date, Dorey said.

"We were kind of alarmed and a little perturbed," Dorey said. "That's the most disturbing part ... they had a lot of information on us which made it appear to be 100 per cent believable."

They have since filed their case with the RCMP's fraud division, Dorey said, but got the impression they likely have to chalk up the \$844 payment as a loss, since it has already been withdrawn from the card's account.

+ MORE DETAILS

NSP aware of scam

It looks like a Halifax business is the latest victim in a string of phone scams impersonating the utility, Nova Scotia Power said Tuesday.

Company spokesman David Rodenhiser said NSP has been warning customers of the scam involving prepaid credit cards since December.

"It's really unfortunate," Rodenhiser said after learning Peter Dorey's business lost more than \$800.

Rodenhiser said NSP had a banner on its website until last week and sent a note in its spring mail-out warning of the scam, since receiving word about businesses being targeted in December and January.

The utility would never ask a customer to cover a bill with a prepaid card, Rodenhiser said, and there's "a lot of interaction" between NSP and customers before any power is shut off.

Rodenhiser said NSP has been working with local police and the Canadian Anti-Fraud Centre, who are aware of the issue.

HALEY RYAN/METRO

TELUS and Heads Up Halifax invite you to a Traffic Safety Celebration.

Learn more about traffic safety initiatives and enjoy a community BBQ with a kids' fun-zone.

When: Saturday May 30

Where: Victoria Park, at the corner of Spring Garden and South Park Streets

Time: 11:30 a.m. - 2:00 p.m.



HEADS UP
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HALIFAX


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Arkells headline Canada Day festival

ALDERNEY LANDING

Free music event also features Glorious Sons

Alderney Landing will be rocking this Canada Day with multiple acts, including a Juno Award-winning band.

Halifax Regional Municipality

announced Tuesday that Arkells will be headlining the annual free Dartmouth concert.

The Hamilton, Ont., band won a Juno for group of the year in 2012, the CBC Music Award for best live band.

The band has also received acclaim for their latest album High Noon, which was released in 2014.

The Canada Day activities kick off at 9 a.m. on July 1 with a pancake breakfast and a na-

tional anthem sing-along at Citadel Hill.

Later in the day the Tattoo Parade will make its way through town, while the Maple Lodge Farms Family Fun-Fest will be on the Halifax Commons.

All residents can then flock to Alderney Landing to check out Arkells alongside Halifax's own Party Boots and Elephants in Trouble, before the fireworks in Halifax Harbour to end the night. METRO

+ CANADA DAY

Celebrations scheduled across Halifax

For more information on all of the events scheduled across the Halifax Regional Municipality.

Please visit www.hrm-canadaday.ca for all the events scheduled for Canada Day 2015.



Mike DeAngelis, left, and Max Kerman of Arkells.

SONIA RECCHIA/GETTY IMAGES

FOOD SAFETY

New nail discovered in bag of potatoes

Nova Scotia's potato problems persist.

Another nail was found Tuesday in one of the starchy plants by a Yarmouth resident, who reported to police that they had discovered it inside a 10-pound bag of potatoes purchased recently at the local Giant Tiger store.

The buyer turned the dangerous potato, along with the remainder of the bag, over to Yarmouth RCMP, who said in a news release that was the right move, and anyone who finds metal objects in their food shouldn't throw out the evidence.

This isn't the first case of a nail being found recently inside a potato in the province, or in the Maritimes.

Halifax Regional Police also warned Monday that an employee of the Atlantic Superstore location on Quinpool Road had stumbled across the same thing, in a bag of Farmers Market Russet potatoes.

The Nova Scotia RCMP Ma-

jor Crimes Unit is investigating these food tampering cases and is asking anyone with information to contact Crime Stoppers anonymously at 1-800-222-8477 or www.crimestoppers.ns.ca.

METRO



Another nail was found inside a 10-pound bag of potatoes recently purchased at a Giant Tiger. GETTY IMAGES FILE

IN BRIEF

Council considers appeal of ward rezoning decision

The warden of Cape Breton's Richmond County says municipal officials need more time to determine if there are grounds to appeal a decision on the size of its council.

The Nova Scotia Utility and Review Board ruled last week that council should be cut from 10 members to five.

Following Monday's council meeting, Warden Victor David said the possibility of an appeal of the review board's decision is still on the table. He said once the board issues a formal order the council will have 30 days to file an appeal.

The board's decision was based on a consultant's re-

port that was rejected by the council in a vote held in December. THE CANADIAN PRESS

Nova Scotia Amber Alert Facebook page launched

With the click of a mouse, people now have the power to save a child from potential harm.

Nova Scotia's Amber Alert program now has a dedicated Facebook page and, with Facebook Canada, will deliver notifications directly to Nova Scotians on their mobile devices, the provincial government announced Monday.

Amber Alert has been available in Nova Scotia since May 2004.

TRURO DAILY NEWS

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Highline model shown

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Highline model shown

2015 Jetta 2.0L Trendline

Monthly lease starting from the equivalent of

\$69 bi-weekly for 48 months* **1.9%** Lease APR

\$2,541 down payment

Highline model shown

2015 Passat 1.8L Trendline

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\$5,281 down payment

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Ads under investigation

ELECTIONS

Government may have violated spending rules

Elections Nova Scotia is investigating whether the Liberal

government violated regulations prohibiting the distribution of partisan advertising paid for by the public in anticipated byelection campaigns.

The agency says it's acting on a complaint from a Progressive Conservative member of the legislature, Tim Houston, alleging the Liberals sent out postcard-style flyers.

The byelections haven't been called yet, but provincial law says the rules prohibiting partisan advertising apply when a seat becomes vacant in the legislature.

Houston says the flyers sent out to residents in the constituencies of Sydney-Whitney Pier, Cape Breton Centre and Dartmouth South are an attempt for

the Liberals to gain an advantage in the expected byelections.

Dana Doiron of Elections Nova Scotia says the agency will make a ruling in a matter of days on whether the mail-out violates the law.

A spokesman for the Liberals couldn't immediately be reached for comment.

THE CANADIAN PRESS



WEATHER RAIN, RAIN GO AWAY, COME AGAIN ANOTHER DAY A pedestrian heads through Victoria Park in downtown Halifax under cover of an umbrella on Tuesday, which saw wet weather brought to much of the region. JOSH BROWN/FOR METRO

NEW BRUNSWICK

Psych patient was strangled: Coroner

A coroner's inquest jury says a psychiatric patient at a hospital in Saint John died from asphyxia due to strangulation as the result of homicide.

Serena Perry was found with a housecoat around her neck and unresponsive in the amphitheatre of the Saint John Regional Hospital on Feb. 14, 2012.

The five-member jury deliberated for four hours after hearing more than two weeks of testimony.

A male patient was arrested by Saint John police after Perry's death, but later released without being charged.

The 22-year-old Perry was an involuntary patient at the hospital's psychiatric unit and had paranoid schizophrenia.

Pathologists were not able to confirm Perry's cause of death, but the probable cause was deemed to be asphyxia as a result of neck compression.

THE CANADIAN PRESS

MARINE ATLANTIC

Crown corporation buys two ferries

Marine Atlantic says it will purchase two of its ferries through \$375 million in funding for the service included in the 2015 federal budget.

The federal Crown Corporation says it will buy the MV Blue Puttees and MV Highlanders, which operate on the run between Port aux Basques, N.L., and North Sydney, N.S.

The ferries were acquired

for Marine Atlantic's fleet through a charter agreement with Stena in 2011.

The corporation says Tuesday's announcement is in addition to the \$40-million lease renewal announced in February for the MVAtlantic Vision.

The lease extension runs until November 2017.

THE CANADIAN PRESS

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Woman charged in prank call

POLICE
Searchers couldn't find man reported to be injured

An 18-year-old woman faces public mischief charges after someone made a prank call about a man in distress over

the weekend, Halifax Regional Police said Tuesday.

At about 2 a.m. Sunday the local police force received a 911 call from a person, believed at the time to be a man, who requested help for an injury.

The caller told police they were on Tower Road in the city's south end.

Patrol officers, police dogs and Halifax Regional Search and Rescue ground crews re-

sponded, scouring a large part of the city for the mystery "man."

Police spokesman Sgt. J.D. McKinnon said earlier this week that the day-long search included University Avenue, Point Pleasant Park and beyond.

"He said Tower Road, but didn't know any other landmarks," McKinnon said of the supposed man who called police. "So night shift looked for

him and then we called ground search and rescue (in the) morning to look for him."

A police news release said crews searched areas "well exceeding the area where the caller was thought to have been."

"We're not sure if it's real or not," McKinnon said Sunday, "but we certainly have to treat it as that, just in case."

"Better to be safe than sorry."

METRO STAFF



Search & Rescue crews go over maps Sunday. JEFF HARPER/METRO

CAPE BRETON
'No evidence' police obstructed justice

Nova Scotia's Serious Incident Response Team says there is no evidence available to support allegations of a possible obstruction of justice by three Cape Breton Regional Police officers.

Few details were included in a report released Tuesday. However, the police watchdog organization says it began investigating in September 2013 after Cape Breton police received information from a person alleging obstruction of justice by one of its officers.

The team says it interviewed

16 civilian witnesses over the course of a 19-month investigation that concluded on April 30.

No police officers were interviewed.

The team says the investigation was broadened to include two more officers and allegations related to the potential filing of false information before the court, as well as acting as a party to a criminal offence.

The report says no charges will be laid because there was a lack of evidence that an offence had been committed.

THE CANADIAN PRESS

Notice to Halifax Water Customers



Halifax Water is in a labour disruption following strike action by CUPE Locals 227 and 1431. Management and non-union Halifax Water staff are making every effort to ensure that the essential water, wastewater and stormwater services you depend on are provided.

Below is a list of contact numbers for water, wastewater, and stormwater service, as well as bill payment locations that will remain available throughout this labour disruption.

Halifax Water Services - Contact Information	
Customer Service	902-490-4820
24 Hour Emergency Water Service	902-490-6940
24 Hour Emergency Wastewater/Stormwater Service	311

Halifax Municipality Customer Service Centre Bill Payment Locations		
Acadia Centre	636 Sackville Drive Lower Sackville, NS B4C 2S3	8:30am to 4:30pm Monday to Friday
Alderney Gate	40 Alderney Drive, 2nd Floor Dartmouth, NS B2Y 2N5	8:30am to 4:30pm Monday to Friday
Bayer's Road	7071 Bayers Road, 2nd Floor Towers Halifax, NS B3L 4P3	8:30am to 4:30pm Monday to Friday
Musquodoboit Harbour	7900 Highway #7 Musquodoboit Harbour, NS B0J 2L0	8:30am to 4:30pm Monday to Friday
Scotia Square	5201 Duke Street Halifax, NS B3J 1N9	8:30am to 4:30pm Monday to Friday

Halifax Water's Head Office at 450 Cowie Hill Rd. will be closed to the public throughout this labour disruption.

Bill payments can be made online via EPost (visit www.halifaxwater.ca); mail to PO Box 8388 RPO CSC, Halifax, NS B3K 5M1; at all Halifax Municipality Customer Service Centres; and through most financial institutions. For more information on Halifax Water, including updated information regarding this labour disruption, please visit www.halifaxwater.ca

POLICE IN BRIEF

Man injured in 'domestic' stabbing, police say

One man ended up in hospital suffering from stab wounds and another man ended up in handcuffs after "an altercation" at 5:30 p.m. Monday in Cole Harbour, police said.

The victim sustained non-life-threatening injuries in what Halifax RCMP described as "an ongoing domestic-related argument." Officers later arrested the suspect without incident, police said in a news release. He was to appear in court on weapons charges Tuesday.

METRO STAFF

Trucker charged after overpass damaged

A 68-year-old Salmon River man is facing charges after the dump truck he was driving crashed into the Bonnie Road overpass over Highway 101 near Meteghan, provincial RCMP said Tuesday.

The collision happened Sunday at about 10:25 p.m. Both Meteghan RCMP and representatives from the Transportation and Infrastructure Renewal department responded to the

scene about 40 kilometres north of Yarmouth.

Part of the road will have to be shut down "a number of months" for repairs to damaged steel bridge girders, the department told Canadian Press on Monday.

The man was charged under the weights and dimensions of vehicle regulations with operating a vehicle not conforming with a special permit. The offence carries a voluntary penalty of \$176.45, police said in a news release.

Nobody was hurt in the incident, police said.

METRO STAFF

Wrong-way car crash knocks out power pole

A car travelling the wrong way down a one-way street collided with another at the intersection of Queen Street and Victoria Road in downtown Dartmouth at 11:10 p.m. Monday, police said.

Nobody was injured in the crash, but the wrong-way vehicle knocked out a utility pole, which Nova Scotia Power crews had to replace early Tuesday, Halifax Regional Police said.

METRO STAFF



Kerry Lynch looks out the window of one of his Halifax micro-loft developments on Tuesday. JEFF HARPER/METRO

Micro-lofts find a home in Halifax

HOUSING

Father and son are starting the business in their backyard

Heide Pearson
For Metro | Halifax

A trendy loft with high ceilings, unique architecture and funky design elements can literally be found in some Halifax backyards.

Kerry Lynch, a graphic designer, and his father Andy Lynch, a retired architect, were looking to collaborate on a project, and while standing in their backyard one day they thought, "Why not here?"

That started the "micro-loft" developments.

In two backyards at 2368 Hunter St., you'll find three tiny homes with a lot to offer.

"Everyone has a smile on their face when they come in here because they're so unique," Kerry Lynch said.

Lynch said he didn't want to skimp on any details in this mini-home.

This micro-loft features quartz kitchen counters, Ikea cabinets and marble bathroom counters. All three will have in-house washer, dryer and dishwasher.

"I think that there's a movement for people to down-

size; people do not want to maintain a 28,00-square-foot home," Lynch said. "Something of this scale is great."

These three brand new lofts also have a rooftop deck and include parking.

"I do these places so if I ever get kicked out of the house I have a really nice place to live," Lynch said.

Lynch is on track to have the first micro-loft finished by Friday, with his first tenant moving in Monday.

The lofts are sort of additions to existing townhouses on Hunter Street, but tucked away in the backyard.

Lynch and his development team were careful not to change the streetscape, making sure they were conscious of height and size of the new buildings. You can hardly see the lofts from the street.

Lynch said he tried to plan the lofts in neighbourhoods where they would complement existing housing, so areas with a lot of duplexes and townhouses, rather than single-family homes.

"I'm trying to get away from the fact that it's a rental or apartment, and trying to dress it as a condo," Lynch said.

+ ON THE WEB

For more information on Halifax's micro-lofts, visit Lynch's website www.densencity.ca.

TRANSIT

N.S. grant to fund sustainable paths

Sustainable transportation has become a priority for rural and urban Nova Scotia towns, so the provincial government announced Tuesday a plan to help make that happen more across the province.

Connect2 is a new grant program that gives communities the money to focus on creating short, sustainable connections between hubs such as walking paths and bike trails.

"Connect2 is based on a vision that all trips under two kilometres to key community destinations in rural and urban areas can be made using

active or sustainable transportation, like walking, biking or public transit," Energy Minister Michel Samson said in a news release.

The province launched the new program in Sydney.

The Liberal Government said it will spend \$600,000 on Connect2 this year, with communities eligible to receive up to 50 per cent of costs, to a maximum of \$150,000.

Connect2 is accepting applications from communities and organizations working toward establishing new transportation solutions until June 30. METRO



IN BRIEF

Man facing 2 years of jail time for impaired driving

An East Preston man charged with impaired driving in Pictou County has been sentenced to federal jail time.

Floyd A. Pelley, 57, was sentenced Tuesday in Pictou provincial court to two years and two months for driving while impaired and while prohibited in relation to his arrest Aug. 24, 2014 in Kenzieville.

Crown Attorney Jody McNeill told the court that RCMP responded to a collision around midnight after two witnesses saw a vehicle cross the centre

line of the highway and crash into the ditch.

McNeill asked the court to consider federal jail time for Pelley since he had six prior convictions for impaired driving and two past convictions for driving while prohibited.

At the time of his arrest, Pelley was on two separate court orders, one for 10 years and a second one for five years, both from 2010.

Defence lawyer Doug Lloy said his client is good candidate for a curative discharge because he is seeking treatment for his alcohol addiction.

THE NEW GLASGOW NEWS

ENVIRONMENTAL ACT

Province seeks feedback on fines

The Nova Scotia Government is asking for feedback from Nova Scotians on proposed changes to the Environment Act. The proposal suggests issuing fines for those who are breaking the law under the act.

The fines would apply "to people and companies with approvals for programs with industrial activities, asbestos, dangerous goods, municipal sewage, water treatment, solid waste and registered public water suppliers," an Environment department news release said Tuesday.

These fines would be im-

posed by the department, instead of through the court system, the release said.

The fines would also provide more options for penalties when people and companies are not following regulations for approval of operation or registered drinking water suppliers.

The province is encouraging those affected, as well as the public, to review a discussion document and submit comments by June 24.

The document is available on novascotia.ca.

METRO



Conservative MP Michael Chong is seen in 2013. Chong got a rough ride from some of his own caucus colleagues as he promoted his Reform Act at a Senate committee Tuesday. The act is billed as a way to rebalance power between members of Parliament and party leaders.

SEAN KILPATRICK/THE CANADIAN PRESS

SENATE

Reform Act gets a bumpy ride

Prospects are looking grim for Michael Chong's legislative baby, the Reform Act 2014.

Conservative senators from Chong's caucus — along with some Liberals — laid out their opposition to parts of the private member's bill Tuesday at the Senate rules committee.

That's a strong signal that the proposed legislation, which is designed to give MPs more power in the Commons, will not get through the upper chamber without amendments.

Amendments would be the

kiss of death for the bill, which would then go back to the House of Commons for more votes. There's less than a month before the two houses rise for the summer; an election campaign will dissolve Parliament in the fall.

So is Chong's bill being killed by the Prime Minister's Office through the Senate? If so, it would be an ironic turn of events, given that the bill is supposed to temper the power of party leaders. Chong said he does not know if his Senate colleagues have been coached to make sure

the bill doesn't see the light of day — but he warned that voters are watching.

"It potentially could become an election issue," Chong said after the meeting.

The act is billed as a way to rebalance power between members of Parliament and party leaders.

One section would remove the veto power of party leaders over who gets to run in a federal election — a stick that leaders have brandished over MPs to ensure caucus discipline.

THE CANADIAN PRESS

Immigration ranking drops

CITIZENSHIP

Canada's fall on global index due to Ottawa's policies: Group

Canada has dropped out of the top five countries in integrating immigrants into the society due to policy changes by Ottawa to restrict access to family reunification and citizenship for newcomers.

According to the latest world ranking by a Brussels-based think tank, Canada has slipped from third to sixth place among 38 developed countries in allowing migrants access to equal rights, support and opportunities.

Although Canada is still considered a welcoming country for newcomers amid the global anti-immigration and anti-terror tide, the Migrant Integration Policy Index (MIPEX) says its policy shift to the right raises questions about the future of the country's traditionally inclusive integration system.

"It is a cause of concern, one that we need to watch," said Thomas Huddleston of the Migration Policy Group, lead author of the European Union-funded, peer-reviewed index. Canada's 2015 MIPEX profile will be released in Toronto Wednesday.

"With Canada rolling back on some provisions from family reunification and citizenship, it is going to have an impact on

+ BY THE NUMBERS

The project compiles and standardizes factual data from its local research partners in all EU member states, Australia, Canada, Iceland, Japan, South Korea, New Zealand, Norway, Switzerland, Turkey and the United States — and ranks

the countries based on a 100-point scale.

In MIPEX's last edition, published in 2011, Canada scored 72 points and ranked third place, just behind Sweden and Portugal, which earned an overall 83 points and 79 points respectively.

immigrant integration. Other countries will follow Canada."

Based on a detailed checklist of 167 indicators, researchers surveyed the latest government policies in affording migrants access to eight areas: labour market mobility, family reunion, education, health, political participation, permanent residence, access to nationality and anti-discrimination efforts.

"One key to Canada's immigration model has been that selected immigrants arrive as permanent residents with equal rights to invest in their integration and quickly become full Canadian citizens," says the 2015 MIPEX profile on Canada.

"Recent delays and restric-



It is a cause of concern, one that we need to watch.

Thomas Huddleston,
Migration Policy Group

tions to family reunion and citizenship may bring unintended consequences for permanent residents, doing more harm than good to Canada's integration outcomes.

"The increasing number of temporary workers may also be discouraged and delayed to invest with integration, as they have limited opportunities to try out new jobs or trainings, learn English or French for free or become permanent residents, citizens and voters."

Professor Harald Bauder, academic director of the Ryerson Centre for Immigration and Settlement, said he was surprised Canada still fared quite well in light of the dramatic changes made to the immigration and refugee system by the Conservative government.

"Maybe, when compared to the significant changes made by countries all across the map, we're still doing quite well despite the damages inflicted by Ottawa's policy changes," Bauder said. TORSTAR NEWS SERVICE

CANADA POST

Mailbox melee heads to court

A lawyer for Canada Post says the City of Hamilton is trying to override federal authority over the placement of large community mailboxes.

The Crown corporation and the municipality are locked in a legal battle that may have broad implications as the national mail service deals with similar situations across the country.

Canada Post is in the process of installing super mailboxes as part of its plan to stop home mail delivery.

Hamilton says the Crown corporation is not respecting a by-law that requires Canada Post to obtain a \$200 permit per site to install the mailboxes on municipal land.

But in his submissions to the court, John Laskin said the federal Canada Post Act gives the agency "final say" over the lo-



Hamilton, Ont., homeowner Richard Massie next to the proposed site of a community mailbox there. Massie doesn't want it next to his property.

PETER POWER/THE CANADIAN PRESS

cation of any mail receptacle.

And he says city officials had

"ample opportunity" to weigh in on the placement of the mailboxes but instead chose "not to engage."

Canada Post is willing to work with the city, Laskin told the court, but "there's a vast difference between consulting and collaborating and being forced to cede control."

He says there are mechanisms in place to address constituent concerns over safety, privacy and litter.

The regulation would cost Canada Post roughly \$100,000 in permit fees and tens of millions in lost savings, Laskin said.

Canada Post is already facing a lawsuit from a union representing postal workers that wants the Federal Court to declare the cancellation of home delivery unconstitutional.

THE CANADIAN PRESS



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LAS VEGAS

World Series of Poker begins

If the World Series of Poker is lucky, the popularity of the Las Vegas championship's newest event could cause a poker chip shortage.

The annual set of 68 tournaments at the Rio All-Suite Hotel & Casino that rewards millions of dollars to the best card sharks starts Wednesday with a new event dubbed the Colossus expected to attract at least 10,000 players.

The Colossus represents the lowest buy-in in 35 years with players ponying up \$565 US each to win their share of a \$5 million prize pool, with the winner likely walking away with nearly \$600,000.

The 45-year-old event now owned by Caesars Interactive Entertainment Inc. is also

spreading the wealth for its \$10,000 no-limit Texas Hold 'Em main event and hosting an online tournament that will end with a live poker matchup.

The World Series of Poker drew 82,360 players last year with 10 per cent winning some of the \$227.7 million in prize money.

Lance Bradley, the editor in chief of poker news site Bluff.com, said the series has long worked to widen its appeal. But this year appeared to be unusually ambitious, catering to the regular guy who doesn't mind parting with \$565 but would blush at spending \$1,000, while still attracting "the pros who don't want to play against those guys."

THE ASSOCIATED PRESS

ASYLUM SEEKERS

EU to relocate 40,000 migrants

The European Union will seek to shift the migration burden away from Italy and Greece by relocating 40,000 asylum seekers to other EU countries, according to a draft document seen by The Associated Press Tuesday.

The relocation proposal, to be unveiled by the EU's executive Commission on Wednesday, would see new Syrian and Eritrean asylum seekers shared among 23 of the 28 member countries over the next two years. Britain, Denmark and Ireland will not take part.

The move comes as the number of desperate migrants crossing the Mediterranean to get to Europe continues to rise, with more than 80,000 landing so far this year. The International Organization for Migration estimates that 1,820 other migrants

have died or gone missing on that journey.

The influx has left countries like Italy, Greece, Malta, Germany and Sweden carrying the biggest burdens.

Under the emergency relocation plan, which would have to be endorsed by member states and the European Parliament, countries "will receive 6,000 euros (\$8,100 CAD) for each person relocated on their territories" from EU coffers, according to the document.

Germany would accept the most asylum seekers over the two years — a total of 8,763 — while France would take in 6,752. Spain, which faces migration challenges of its own, would also take a significant share, accepting 4,288 people in need of international protection.

THE ASSOCIATED PRESS

IN BRIEF

Amtrak to install cameras in locomotives

Amtrak said Tuesday it will install video cameras inside locomotive cabs to record the actions of train engineers, a move that follows a deadly derailment earlier this month in which investigators are searching for clues to the train engineer's actions before the crash. The Amtrak engineer, Brendan Bostian, suffered a head injury in the accident in Philadelphia and has told investigators he can't remember what happened.

THE ASSOCIATED PRESS

Danish radio station under fire for killing rabbit on air

A Danish radio station has faced a storm of angry protests after two of its hosts claimed they clubbed a young rabbit to death on air with a bicycle pump. Public broadcaster Radio-24syv said the Monday morning-show stunt was aimed at initiating a debate about "the vast hypocrisy surrounding our relationship with animals." The other host of the show, Asger Juhl, said on air that the rabbit twitched several times before quietly dying.

THE ASSOCIATED PRESS



Nepalese children play at a relief camp for survivors of the Nepal earthquake in Kathmandu on Tuesday. Hundreds of Nepalis gathered on Monday at the rubble of a 19th-century tower in Kathmandu to mark one month since a devastating earthquake killed more than 8,600 people in the Himalayan nation. THE ASSOCIATED PRESS

Nepal bans child travel without legal guardians

TRAFFICKING

Move aimed at protecting kids who lost homes in earthquakes

The government announced Tuesday that all children travelling in Nepal will need to be accompanied by their parents or a legal guardian to prevent the trafficking of young people who lost their homes in the

country's powerful earthquakes.

The Ministry of Women, Children and Social Welfare said the ban is aimed at protecting homeless children who are living in tent camps where there are large numbers of people.

Ministry official Ram Prasad Bhattarai said an approval letter issued by a district Child Welfare Board will be needed for any other adults travelling with children from one district to another.

The ban comes days after police stopped two groups of

children who were being taken by unrelated adults by bus in different districts. The children are being held in government shelters and police are still investigating the cases.

International adoptions have also been suspended, he said.

Thousands of children are taken from Nepal to neighbouring India every year to work as child labourers or in brothels.

The earthquakes on April 25 and May 12 killed at least 8,673 people in Nepal.

THE ASSOCIATED PRESS

+ VIGIL

Hundreds of people have held a candlelight vigil in Nepal's capital to mark one month since the earthquake that killed thousands of people and affected millions. About 200 people gathered in the heart of Kathmandu on Monday evening to remember the dead.

NIGERIA

Spike in female suicide bombers: UN

Children are now being seen as potential threats after an "alarming spike" in suicide bombings by girls and women being used by Boko Haram militants in northeastern Nigeria, the UN children's agency said Tuesday.

The number of reported suicide attacks has jumped to 27 in the first five months of this year compared to 26 for all of last year, it said.

Tuesday's report came as Gov. Kashim Shettima of Borno state visited the site of the latest Boko Haram at-

tack and surveyed the damage: 37 people killed Sunday, 400 buildings razed, including mosques, and 22 vehicles and dozens of motorcycles torched.

"I appeal to you not to flee from your homes. We assure you that we are going to rebuild the ancient town of Gubio," Shettima pleaded.

But locals said hundreds of traumatized residents have already fled to Maiduguri, the Borno state capital 90 kilometres away.

A civilian self-defence fight-

er, Yusuf Modu Gubio, said he killed some insurgents in Sunday's attack but "to my surprise, they were mostly young boys and teenagers."

It's not known how many thousands of boys, girls and women have been kidnapped by Boko Haram but new abductions are being reported every week. UNICEF said it estimates that 743,000 children have been uprooted by the nearly 6-year-old Islamic uprising, with as many as 10,000 separated from their families in the chaos.

It said women and children have carried out three-quarters of all reported Boko Haram suicide bombings — with girls blamed for nine such attacks since July.

"They are first and foremost victims — not perpetrators," said Jean Gough, the UNICEF representative in Nigeria.

The agency is concerned that children will increasingly be perceived as "potential threats," putting them in danger of retaliation and jeopardizing their return home.

THE ASSOCIATED PRESS

Health, Mind & Body SPECIAL FEATURE

METRO CUSTOM PUBLISHING

HEALTH, MIND, BODY

Breathe easier for a healthier you

Stressed out? You aren't alone. Statistics Canada reports that in 2013, 23 per cent of Canadians reported feeling "quite a lot" of life stress. To breathe easier, you might want to try meditation, which often begins with guided exercises.

"Guided meditation can be used to begin developing a meditation practice," said Dr. Patricia Rockman, a family physician and director of education and clinical services at the Centre for Mindfulness Studies in Toronto.

A practitioner guides you through the meditation, telling you to breathe, to pay attention to specific feelings or body parts, and to quiet your mind.

Some guided meditations use visualization — imagine a calming beach or a reassuring mountain peak — to help people distance themselves from stressful thoughts. In mindfulness-based meditation, which is often used in cognitive behavioural therapy to treat depression and anxiety, "The guidance is used

ESSENTIAL OILS

Scents can be powerful allies for meditation. The West Coast Institute of Aromatherapy in Delta, B.C., recommends using whatever essential oils help you focus and enjoy the experience. Use calming lavender or grapefruit oils, or boost your creativity with orange oil. Or try frankincense, which is said to enhance faith.

not so much to calm people, as to train them to focus their attention and regulate their emotions," Rockman said.

There are many downloadable guided meditations, but a creative alternative is to record your own so it's perfect for you. All you need is a quiet spot and a recording device, such as the one on your smartphone.



SHUTTERSTOCK

First, decide on the intention of your meditation. Is it stress-busting? Confidence building? Once you have a goal, write the script.

"Use invitational language, language that is kind, language that is focused in the present," Rockman said.

Avoid direct commands. Instead, try phrases like "bringing your attention to your hand."

Second, give yourself some breathing room.

"Make sure there's enough space in between speaking," Rockman said. "This gives people the chance to experience what they're experiencing."

When using DIY-guided meditation, make sure you are comfortable. Increase your meditation time gradually, Rockman said.

Finding the right eyeglasses is essential



CONTRIBUTED

The latest technology and the highest quality eyeglasses — that's what customers expect at The Canadian Optical Warehouse.

"So many customers come in and they have no idea what they were previously sold. They do not know the quality of the lens, if they were given coatings or if they need thinner lenses because their prescription is high. Why not know what you're paying for," said manager/co-owner Kristie Robertson.

Finding the right fit for you is essential. Neck and back pain can sometimes be the result of

eye strain from searching for the sweet spot in a progressive lens while sitting in front of a computer. An office lens with a coating that blocks blue light can sometimes provide the relief that is needed, Robertson said.

At The Canadian Optical Warehouse they use digital technology for progressive lenses, a huge difference from the old way of manufacturing lenses. This technology uses software to craft the lenses to such detail, personalized initials could be engraved in the lenses.

Poor vision from the wrong lenses or an

outdated prescription could cause headaches. Today's technology offers solutions to poor vision and provides the best, and most comfortable glasses. It shouldn't cost an arm and a leg to get this advanced technology. At The Canadian Optical Warehouse, they sell this advanced technology at the same prices other companies charge while using older manufacturing techniques. The Canadian Optical Warehouse is located at 103 Chain Lake Drive, near the St. Margaret's Bay Road entrance to the Bayers Lake Business Park. The store is open Monday to Saturday.

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Health, Mind SPECIAL

METRO CUSTOM PUBLISHING *HEALTH, MIND, BODY*

metro

The perfect pedicure

There are pedicures, and then there's an Amy Tobin pedicure.

Tobin is a certified podologist (C.Pod) and certified master pedicurist (CMP) who provides clients with an unrivalled experience. The CMP designation was created to provide an advanced level of certification beyond the basic education needed to be a pedicurist. Tobin has also completed six-star European spa training in England and is nearing completion of a bachelor of science in podology.

Pedicures are about more than making a foot look pretty. With her advanced background, Tobin understands and knows how to treat different skin and nail disorders – including thick and discoloured toenails – and meet the unique needs of diabetic clients. For diabetics, professional foot care is a vital part of keeping their feet in good condition.

"Many of my clients first come in knowing very little about their feet. I like to think they leave with not only happier feet, but also an awareness of how important their feet really are," said Tobin.

The feet are actually a good indicator of people's overall body health.

"Feet can give you a peek into what's going on in the rest of your body," said Tobin.



Amy Tobin's clients get an unrivalled level of pampering, thanks in part to her six-star European spa training. CONTRIBUTED

In addition to continuously upgrading her professional education, Tobin also uses top-notch equipment and the latest in cutting-edge technology to aid her work.

Tobin is self-employed and operates out of Independence Beauty Centres, located at 245 Waverley Road in Dartmouth. To make an appointment, call 902-818-8826 and leave a voicemail or email amytozin.esthetics@gmail.com.

LETTING SENIORS LIVE INDEPENDENTLY, SAFE

Your elderly mother wants to keep her independence by living at home, but you worry. What if she gets out of bed one night and trips on the way to the bathroom? There's no way for you to know, until now.

A new solution from Wilsons Security is designed to monitor the activities of independent seniors so they can live at home in a safe environment.

"It is an affordable option to gain peace of mind, while keeping your loved one's independence", said Bruce Roberts, Wilsons Security general manager.

A number of monitoring sensors work together to understand if a senior is in trouble. An electronic pad under the mattress will sense if a senior gets out of bed at 3 a.m. and hasn't returned in three hours. If no other motion detectors are set off in the house during that time, you can receive an automated text message or e-mail stating that you may want to check in.

You can also make sure your loved one is eating well. Sensors placed in the fridge and microwave will tell you if they are eating regularly.

For added reassurance, Wilsons Security can even track if they're taking their



SHUTTERSTOCK

medication on time through a sensor in the pillbox.

Seniors can continue to enjoy their lifestyles at home, and you can be confident that they are doing well.

"This technology gives you peace of mind knowing your elderly loved one is safe and healthy while keeping their independence", Roberts said.

Suffering with Aching Feet? There's more to foot care than just a pedicure.

85% of the population has problems with their feet. These problems can be addressed and treated by a Certified Master Pedicurist.

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Mind & Body FEATURE

metro

METRO CUSTOM PUBLISHING *HEALTH, MIND, BODY*



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TANNING IS OUT

The Canadian Cancer Society is working to change how Nova Scotians think about tanning.

Melanoma is one of the most common forms of cancer for those between the ages of 15-29, and it's also one of the most preventable.

In Nova Scotia, females have the highest rate of melanoma across the country and men have the second highest.

Sun Safety Tips:

1. Avoid outdoor activities between 11 a.m. and 4 p.m. if possible
2. Seek shade.

3. Wear protective clothing, broad-rimmed hats and sunglasses
4. Apply sunscreen to all parts of the body that are not covered by clothing
5. Don't use indoor tanning beds. Their UV rays can damage skin, cause sunburn and increase the risk of skin cancer
6. Check your skin regularly. Make sure that you or someone you know checks hard-to-get-to places such as your back, back of your

neck, ears and backs of legs. Our perception that tanning is healthy and attractive may contribute to this higher rate of melanoma in Nova Scotia. The risk is higher for those with fair skin, red hair or multiple or atypical moles.

This summer, the Canadian Cancer Society will be continuing their awareness campaign to de-normalize tanning, particularly among young adults ages 15-29.

The Society will aim to challenge the existing pro-tanning culture through education at community events, in social media, advertising, on the website and in videos.

Massage is a way of life

By fostering the growth of registered massage therapists (RMT), clients at Massage Experts feel the passion they have for their profession through their massage experience.

Massage Experts is unique because it's a massage therapy business actually owned and operated by massage therapists, said owner Matt Hamilton.

"I've never understood why the massage industry has been high-jacked by business people," he said. "We are on a mission to bring the industry back to massage therapists."

This way there is someone knowledgeable and passionate about the massage therapy world at the forefront of the operations. Hamilton said they aim to attract RMTs who want to further their education and specialize in a particular field, one they have a passion for.

"I recently returned from an intensive course in Arizona to study the second level of facial stretch therapy," Hamilton said. "I've also taken advanced sport massage from the head massage therapist of the Canadian Olympic team."

Something else that makes Massage Experts unique is the in-house educational workshops. Massage Experts are dedicated to advancing the skill level of their massage therapists, while maintaining a price point



CONTRIBUTED

that everyone can afford.

Hamilton recommends clients communicate openly with the therapist before, during and after the massage.

"You are not just receiving treatment, you are participating in your therapy and every massage should be tailored specifically to your needs," he said.



Canadian Cancer Society
Société canadienne du cancer

Tanning Is Out Campaign launches June 4.
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Health, Mind & Body SPECIAL FEATURE

metro

METRO CUSTOM PUBLISHING *HEALTH, MIND, BODY*

Beating the heat one sip at a time

It's that time of the year again for marathons, outdoor festivals and fun in the sun but it's important to remember to protect yourself from the heat.

With the summer months comes outdoor activities and it's crucial that people young and old take the proper precautions to avoid sun- or heat-related illnesses, according to Alberta-based Emergency Medical Services public

education officer Stuart Brideaux.

"The number one key thing to remember is to drink water and fluids and plenty of it," he says. "A good rule of thumb of knowing when you've drank enough fluids is if you're urinating frequently."

Another good tip to remember is to drink fluids before you head out into the sun or for physical activities, not just during.

"Proper hydration really starts before you are dehydrated; meaning if you know you're going out for the day and will be in the heat, you should drink plenty of fluids before you go so that you're not playing catch up," he adds.

Brideaux says people should be aware of the signs of dehydration or heat exhaustion, which can include headaches, dizziness, exhaustion, and profuse sweating, among others.

"If people are feeling the effects of the heat, sun or dehydration, they should seek shade or a cool area and drink plenty of water."

But it's not just outdoor activities, according to fitness trainer Ash Crowley, who says it's important to stay hydrated while working out indoors as well.

"I think people tend to feel safer when they are indoors in the cool air conditioning but it can be deceiving and they should remember to drink lots of water, more water than they think they should," she says. "You really can't go wrong with at least two litres a day, if not more."

Protection from the sun

Everyone knows the basics about sunscreen but there's a little more to it than just lathering it on and heading out for the day, especially for outdoor enthusiasts.

Winnipeg Mountain Equipment Co-Op manager Ken Berg says there are a variety of reasons customers seek sun protection and



SHUTTERSTOCK

there are many options to choose from.

"I think it's important to choose the proper amount of protection and it's best to go with sunscreens that have SPF protection of at least 30," he says. "There are many different types and if you're doing something sporty and will be sweating a lot. It's better to choose a sunscreen designed for that."

He also points out there are also clothes designed specifically with UV protection in them as an alternative option to sunscreen.

He would also like to clear up this myth: Just because it's cloudy doesn't mean you can't get a sunburn.

"Even it's a bit shady or you're riding your bike and it feels cool, you still need to remember sun protection."

In fact, studies show 80 per cent of sun rays can pierce through clouds.



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Four years ago Laskowski studied skin care and aesthetics in Arizona, learning the latest techniques.

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New You has state of the art equipment, making it the only office in the HRM at this level.



CONTRIBUTED

Clients at New You love the friendly atmosphere, privacy and free consultation with a lot of advice — all at an attractive price. Laskowski said everyone here is pampered and comfortable, relaxing with a cup of coffee or tea.

Ursula Kos, a mom and a professional in her 30s, said she felt young at heart but it was hard to miss the wear and tear of time on her face and body. After one pain-free session on her lunch break she said she walked out "with a face that finally matched what I felt inside."

University enrolls Bitcoin

BRITISH COLUMBIA

Simon Fraser now accepts digital money on campus

A British Columbia university is now accepting the digital currency bitcoin at all of its bookstores, a move that staff claim is a first for Canadian post-secondary schools.

Simon Fraser University has also announced that automated bitcoin vending machines will soon begin operating on campuses in Burnaby, Vancouver and Surrey.

"What we're trying to do is get students to talk about innovation and try bitcoin," said Mark McLaughlin, SFU's executive director of ancillary services, in a news release.

"The only way to have an opinion about digital currencies is to learn about it, and we are providing a first-hand experience in that regard."

Bitcoin is a virtual currency



Lauren Shandley, Mike Yeung, Laurie Macpherson and Scott Nelson are shown in an undated handout photo. Yeung and Nelson have made the first bitcoin virtual currency donation to Simon Fraser University. The money will be used by Shandley and Macpherson for a humanitarian co-op project in India this fall. SIMON FRASER UNIVERSITY-HO/THE CANADIAN PRESS

that is transferred online without the help or regulation of any central bank.

The university broke new ground last year when it became Canada's first post-sec-

ondary institution to accept bitcoin donations.

"It is our mission to chal-

“It is our mission to challenge and engage students and provide them with learning opportunities.”

Mark McLaughlin, Simon Fraser University

lenge and engage students and provide them with learning opportunities not only inside the classroom but also outside," said McLaughlin.

Simon Fraser has one of the most active bitcoin student clubs in North America, which has been pushing for the school to introduce the currency, said McLaughlin.

SFU Bitcoin Club founder Michael Yeung likened the shift to the early days of the Internet.

"The coming era of virtual currencies is inevitable and exciting," said Yeung.

THE CANADIAN PRESS

IN BRIEF

Taco Bell, Pizza Hut to use natural ingredients

Taco Bell and Pizza Hut say they're getting rid of artificial colours and flavours, making them the latest big food companies scrambling to distance themselves from ingredients people might find unappetizing.

Instead of "black pepper flavour," for instance, Taco Bell will start using actual black pepper in its seasoned beef, says Liz Matthews, the chain's chief food innovation officer.

The Mexican-style chain added it is removing artificial dyes from its offerings.

Critics said the purging is a response to unfounded fears over ingredients, but companies are nevertheless rushing to ensure their recipes don't become disadvantages.

John Coupland, a professor of food science at Penn State University, said companies are realizing some ingredients aren't worth the possible harm they might cause given changing attitudes about additives.

THE ASSOCIATED PRESS

RETIREMENT PLANNING

Feds to explore new savings options for Canadians

The Harper government says it will explore giving people the option to pump more of their earnings into the Canada Pension Plan to boost their retirement savings.

The government will consult experts and stakeholders this summer as it looks for ways to allow Canadians to make

voluntary add-on contributions to the Canada Pension Plan, Finance Minister Joe Oliver told the House of Commons on Tuesday.

"We believe that Canadians are best placed to decide how to save for their retirement with voluntary options," Oliver said in a statement.

"That is why we intend to consult on giving Canadians the voluntary option to contribute more to the Canada Pension Plan to supplement their retirement savings."

Oliver emphasized that people should have choices when it comes to their retirement savings, rather than man-

datory payments.

He said the government aims to build on other voluntary savings options already available, such as the pooled, registered pension plan and the tax-free savings account.

Provinces such as Ontario have lead a provincial push to enhance the CPP, but Ottawa

has said it wanted to avoid saddling employees and employers with higher premiums.

Instead, Ottawa has endorsed other pension-related reforms.

Retirement income is expected to be a weighty election issue.

THE CANADIAN PRESS

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- and -
Charles Richard Cirtwill and Juanita Louise Cirtwill

Plaintiff
Defendants

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Property:
Building, lands and premises known as 95 Castlepark Grove, Halifax, Halifax County, Nova Scotia, identified by PID 41085168 and referenced at Schedule "A" of the mortgage dated May 2, 2011 and recorded at the Land Registration Office for Halifax County as Document No. 98249957. This property is registered pursuant to the *Land Registration Act*.

Subject to the following:

- An agreement described in a deed recorded at the Halifax County Registry of Deeds in Book 5505 at Page 462 as Document No. 52141.
- An agreement described in a deed recorded at the Halifax County Registry of Deeds in Book 5856 at Page 429 as Document No. 12550.
- Restrictive covenants described in a deed recorded at the Halifax County Registry of Deeds in Book 7183 at Page 1144 as Document No. 45062.
- An agreement described in a deed recorded at the Halifax County Registry of Deeds in Book 7423 at Page 384 as Document No. 31875.
- An easement/right of way described in a deed recorded at the Halifax County Registry of Deeds in Book 8037 at Page 261 as Document No. 81816556.
- Restrictive covenants described in a deed recorded at the Halifax County Land Registration Office as Document No. 82432353.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Monday, June 1, 2015.
Time of Sale: 11:30 a.m. local time.
Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.
Terms: Ten per cent (10%) deposit payable to "Patterson Law, in trust" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed April 23, 2015
Nicholas C. G. Mott
COX & PALMER
1100-1959 Upper Water Street
PO Box 2380 Central
Halifax, NS B3J 3E5
Solicitor for the Plaintiff

Hfx No. 433446
Plaintiff
Defendants

Adam D. Crane, Barrister
Patterson Law (Halifax Office)

THE BIG THING: DIY LYME TREATMENTS

A range of untested and unorthodox treatments for Lyme disease are being promoted and sold on the Internet, says a new study in the journal Clinical Infectious Diseases. It raises the alarm about therapies marketed to people who believe they have an unproven condition they call chronic Lyme disease. THE CANADIAN PRESS

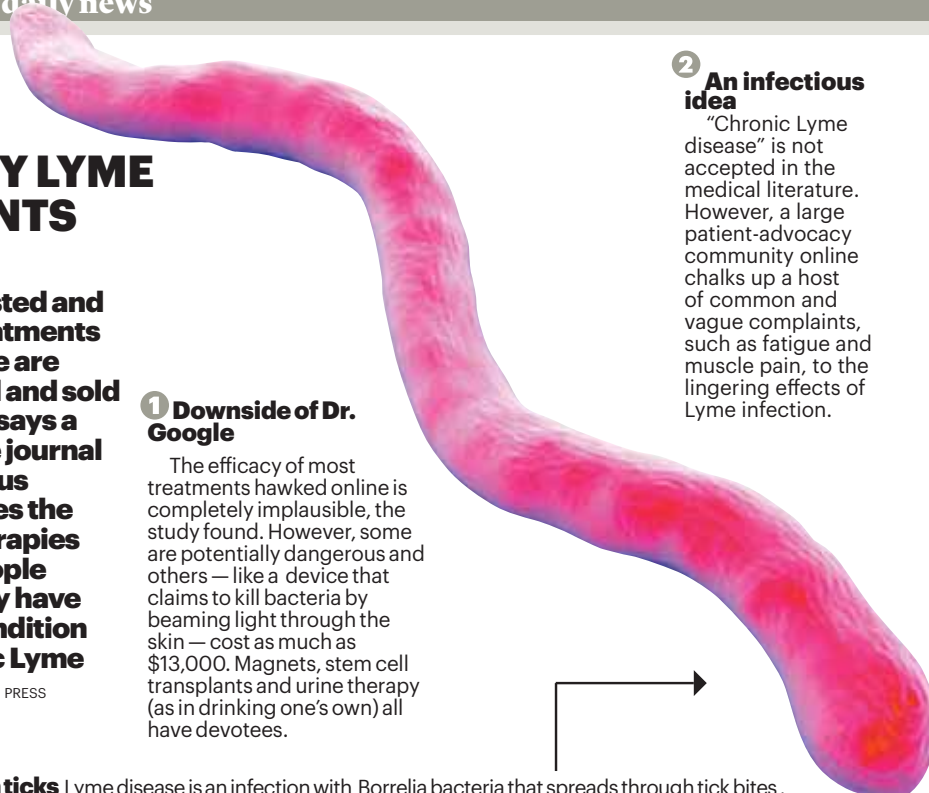
1 Downside of Dr. Google

The efficacy of most treatments hawked online is completely implausible, the study found. However, some are potentially dangerous and others — like a device that claims to kill bacteria by beaming light through the skin — cost as much as \$13,000. Magnets, stem cell transplants and urine therapy (as in drinking one's own) all have devotees.

2 An infectious idea

"Chronic Lyme disease" is not accepted in the medical literature. However, a large patient-advocacy community online chalks up a host of common and vague complaints, such as fatigue and muscle pain, to the lingering effects of Lyme infection.

3 The trouble with ticks Lyme disease is an infection with *Borrelia* bacteria that spreads through tick bites. Symptoms can last for months and include fever, a round rash around the bite, joint pain, facial palsy, and less commonly, potentially life-threatening swelling of the brain or spinal cord. A short course of antibiotics is the usual treatment.



The struggle to limit screen time — for pets

SOCIAL DISCOURSE

Omar Mouallem



I'm no longer the only one in my house addicted to technology. My cat Darwin is, too.

It started with one iPad app, Paint for Cats, which hilariously teases her with a cartoon mouse that squeaks and leaves behind multicoloured paw prints each time it's attacked. Now the paw prints are real, and they're all over my tablet, phone and TV screens.

Like most cats, she doesn't respond to her name. Yet the clicking of the Netflix menu is enough to bring her inside from the balcony, whether or not the dragonfly she's torturing at the moment is dead yet. She finds the spasmodic scrolling irresistible, and cries when it stops because she's blocking the remote sensor. She howls even louder when I decide on

something to watch.

Darwin's not the only one with a problem. At least one SPCA, in Los Angeles, started accepting tablets as donations—and it's not to entertain the volunteers. Not primarily, anyway.

There's now a cottage industry of tailor-made videos and apps for cats. Little Hiccup, makers of Paint For Cats, which by 2012 had been downloaded over 300,000 times, have two other offerings. There's also Crazy Cat for Android, popular enough to earn 3,000-plus mostly positive reviews, and Enjoy With Cat, a two-player game for felines and their human companions. Not to be outdone, the cat-food brand Friskies now offers its own promotional cat games, which have been downloaded two million times so far.

There are many more but they're all engineered in the same way, with quick and jerky objects, according to Dr.

Bonnie Beaver, executive director of the American College of Veterinary Behaviourists. As she recently explained to the Associated Press, "Cats are attracted to things that move, and that is the 'magic' for most of the apps."

It helps that cats, unlike dogs, have fast-adjusting pupils and depth perception and colour definition closer to our own. But while the harms of overusing computers are well documented for humans, could this digital catnip also be damaging and potentially distressing?

I'm wondering because these new gadgets have definitely had an effect on my pet parenting.

The morning after I first played Darwin her favourite YouTube video — 16 minutes of birds and squirrels — I found her waiting for me on the closed laptop, sitting regally and wide-eyed. Now I find it a handy distraction when her incessant nagging interferes

It seems cats love the internet as much as it loves them. There's now a cottage industry of apps for cats.

with my work or my own enjoyment of the Internet.

I can justify it as escapism for a housebound pet. I'm offering a healthy outlet for her basic instincts. But I know I'm really just suppressing her neediness — a quality only a dog-owner could love.

So like a guilty but helpless parent, I just plop her in front of another screen. It's bad, I know. But it works.

Omar Mouallem

(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

metroview

Sexual assault against men is less common, but no less traumatic



Angela Mullins

Maybe I should start a men's movement.

"You may as well," my wife told me the other day. She'd just endured my latest rant about a public-service announcement about sexual harassment and abuse.

The Ontario government ad is a universal case study in playing to the majority and ignoring the minority with hopes of creating change for all. What could have been a powerful message about everyone doing their part to make a difference has become part of an all-too-common narrative in our post-Jian Ghomeshi, post-Bill Cosby, still-unfolding Canadian military scandal reality: Men are perverse, women are victims.

For those who haven't seen it, the video plays out something like this: Four women are shown as victims, fielding everything from unwanted shoulder rubbing to having roofies slipped into a drink. At the end of it all, you're asked #WhoWillYouHelp.

The settings for the vile acts range from an office to what we can assume is a high school hallway. The women are from a wide range of ethnic backgrounds. Their ages vary. The same is true for the people taking advantage of them.

It's obvious the creators tried really, really hard to make the message relevant for everyone. Problem is, they

missed the mark.

In the 61-second warning not to treat people like objects, every one of the predators has a penis.

I have, of course, seen the statistics. Although the numbers vary based on the source, about 80 per cent of sex crimes are directed at women. The abuse women face is generally more violent. And, because of that, they're more likely to die at the hands of their abusers.

But, for those men who do become targets, being a victim is, I'd imagine, no less painful and no less soul-sapping.

Despite the position of power they generally occupy due to the luck of chromosomal pairings alone, men have, in this instance, been swept under the rug. Those who dare mention their place in the sexual-abuse conversation run the risk of being considered anti-woman or, even worse, a pig.

It's sad that we've come to this point. Sexual assault is, at its very root, an issue about treating everyone with respect and dignity, regardless of their gender or how likely they are to become victims.

To earnestly fight sexual assault, government campaigns — and others for that matter — must be all-inclusive, representing people of all stripes and, I hope, prompting storylines we've never heard.

Perhaps what I really should do is start a human movement.

Our slogan? How about: "Hey, hey, ho, ho, a collective conscience is the way to go."

Rosemary Westwood will return Thursday.

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The one-man show of Oyelowo

HBO MOVIE

Selma actor rises to his role in Nightingale

Lisa Weidenfeld
Metro | New York

While actor David Oyelowo might be best known to some audiences for his stellar performance as Martin Luther King Jr. in the epic civil rights drama *Selma*, by the time he filmed his breakthrough role, he'd already completed work on *Nightingale*.

The movie, which stars only him and premieres on HBO this Friday at 9 p.m., tells the story of the deteriorating mental state of a vet named Peter Snowden as he tries to keep his life together after committing a very brutal act. Oyelowo is virtually unrecognizable as the same performer who played Dr. King — the only parallel between the movies is that they're both produced by Brad Pitt's production company, Plan B. We talked to him about being your own co-star and working with Pitt.

The film occasionally feels almost like a play, in the sense that it's a one-man show. Did that have any impact on how you made it? I did learn it like a great big monologue. I didn't do what you may otherwise do,

which is that you learn your lines for any given scene a couple of days before you actually shoot it. I felt that the level of immersion that I would want to subject myself to in playing this character would mean that I didn't really want to be in the head space of technically learning lines whilst shooting, so I did learn like you would a play. But then the rest of the experience was that of a filmmaking one in terms of the nature of the way we shot the film. Because it's very intimate in the way that theatre can't be. He's expressing very dark thoughts at times, right up close into the camera, and that employs a very different part of your artillery as an actor than the stage does.

Did you find yourself recalibrating your performance at all, since it's just you onscreen? I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. I don't think we did anything that was technically different, per se, than what you would do in any other given film, but because

of who he is, the way he expresses himself, the fact that this is a guy who will happily have a conversation with a three-way mirror, means that the realms of the orthodox ways of either shooting a film or interacting with another character are kind of out of the window, so you're just doing whatever feels truthful given Peter Snowden's circumstances.

Peter spends a lot of time on the phone, either talking to people, or rehearsing talking to people. Was someone on the phone with you at those times?

We actually made the choice to never have anyone on the other end of the line. It was something I felt very strongly about because there are times with Peter where there is someone on the other end of the line and there are times when there isn't. It is someone he has manufactured in order for him to live with himself. The film starts with Peter having committed a heinous act and he has a mental condition that means that dealing with the repercussions of both what he has done and who he is, is something that he is constantly push-

ing away ... We wanted to keep the audience guessing as to whether he's actually talking to someone other than himself.

This is the second time you've worked with Brad Pitt, who also produced *Selma*. Do you think you're drawn to similar types of projects?

It's funny, because we've now had two projects together, but actually my friendship with him is very much linked to us being dads with lots of children. He has six, I have four, and we get together every now and again and watch our children tear the place up. But yes, we worked together on *Selma*, and *Nightingale* was born out of that. While I was doing *Selma*, we had already shot *Nightingale* and Dede Gardner and Jeremy Kleiner, who both run Brad's company Plan B, I showed them the film, which we had finished at that time ... They saw it, showed it to Brad, and I remember him saying, my goodness, what a thing to go from Dr. King to Peter Snowden. His connection with *Nightingale* was very much from an actor's point of view. I think he was very interested in an actor putting themselves through that exercise.



David Oyelowo is the solo star of *Nightingale*. CONTRIBUTED



I don't feel like I did recalibrate what I would normally do as an actor. It was just doing what felt right and true for playing this particular role. David Oyelowo



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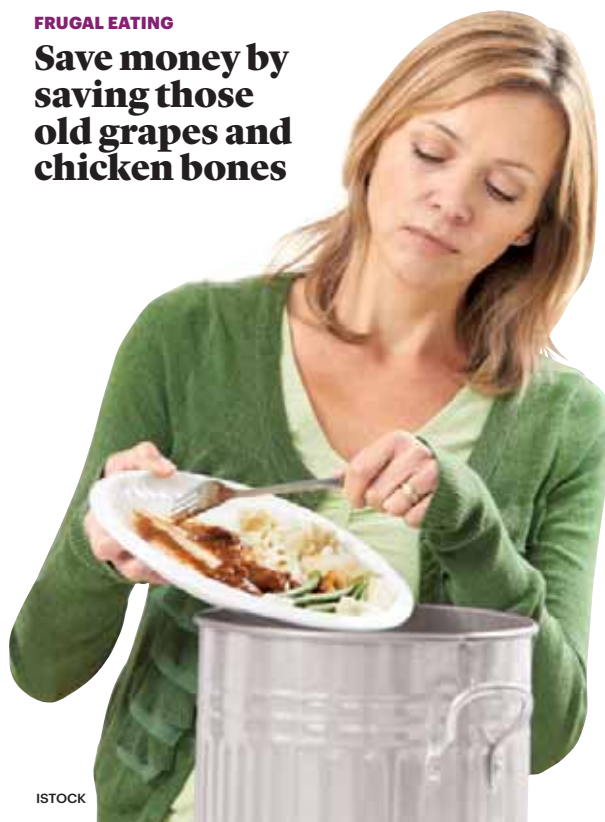
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WORD OF MOUTH

Theresa Albert
myfriendinfood.com



Worldwide, 1.3 billion tonnes of food is wasted, with most of it spoiled by grocery stores or food service outlets. In Canada, according to a study commissioned by KitchenAid, that amounts to a \$40.28 household loss each and every week. People go hungry while palatable food goes to waste. That is a load of garbage. There are a few things you can do at home to keep more money in your pocket and food from the dump:

Soggy lettuce

There really isn't anything you can do with it once it gets to the wilted, smelly point but you can prolong its life. Just slip a piece of paper towel in with the lettuce to help absorb the moisture and keep for a couple more days. Each time you open the box, wipe the condensation from the lid and replace the paper.

Grapes

The skins of red grapes contain

the very same resveratrol that is so good for you in your red wine. When they start to lose their plumpness, throw them in the freezer. They are great tossed in smoothies or can be a stunning ice cube alternative.

Vegetable scraps

The Top 3 discarded vegetable scraps are onion skins, celery and carrot ends. All are loaded with nutrients, especially onion skins, which contain a critical anti-aging nutrient called quercetin. Store them in a freezer bag until it is full and then simmer into a nourishing vegetable broth.

Chicken bones

I never throw away chicken bones — there are nutrients and flavour in there! Even the ones on my family's plates get tossed into a broth because I know that any bacteria will be boiled away.

Broccoli stalks

You know you can peel these and chop into salads, right? But if you really love your dog, toss them into the freezer and give to Fluffy as a treat on a hot afternoon.



Parmesan ends

Too hard to grate, but great nonetheless! Chop into small cubes and bake at 425 F for five to 10 minutes to turn into crisp croutons.

Not only is hunger a crying shame, frugal is the new black.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



RED WINE Fire it up

LIQUID ASSETS

Peter Rockwell

@therealwineguy



While most Canadians see barbecuing as a rite of spring and summer, in other parts of the world, cooking with fire is a daily activity that's only one prayer shy of a religion.

In South Africa, its national holiday, Braai Day, is named after the Afrikaans term for grilling. In Australia, way back in the early '80s, Crocodile Dundee's Paul Hogan starred in a series of commercials that ended with him offering to "slip an extra shrimp on the barbie for ya."

Argentina gives both a run for their marinade with its traditional asado: a word that encompasses how they cook and the festivities that ensue during the meal. When it comes to a barbecue wine pairing, I prefer a medium-bodied red with a touch of spice, which makes a drop like Argentina's 2013 Alamos Malbec (\$13.09-\$15.99) a perfect match. Made by Bodegas Catena Zapata, it oozes dark berry fruit, lip-smacking licorice and a hint of pepper that meets meat head on.



HOW-TOS FOR HOMEMADE TREATS

Two cool books for ice-cream lovers

We all think we're going to do it. Many of us even go out and buy the pricey special equipment for it. Because when summer's heat hits, it's hard not to fall for the cool, creamy romance of do-it-yourself ice cream.

Except that most of us will actually make ice cream at home all of about once ... maybe. Because while making ice cream isn't difficult, it tends to be fussy. And most of us don't do fussy all that well. Particularly when it's so much easier to just flip on Netflix, grab a spoon and down an entire pint of purchased ice cream on the couch.

But what if there was an easier way to have homemade ice cream? Two recent ode-to-ice cream cookbooks suggest there is.

For the most fun take on ice cream ever, you need to check out Bryan Petroff and Douglas Quint's Big Gay Ice Cream (Clarkson Potter, 2015), a hilariously over-the-top book inspired by the duo's soft-serve ice-cream trucks and shops of

the same name. These are the men who dreamed up crazy delicious cones like the Salty Pimp (vanilla ice cream, dulce de leche, nuts and salt) and Mountain Dew sorbet.

Tucked deep in the book — which is written and designed to resemble an '80s high school yearbook — is a must-make recipe: cheater soft-serve ice cream.

And then there is Leslie Bilderback's No-churn Ice Cream (St. Martin's, 2015), which offers 100 less hilarious, but nonetheless delicious recipes for ice cream that require no special equipment and no hard work.

She does a great job walking you through utterly easy recipes, everything from basic vanilla and chocolate to more robust creations, such as sweet potato-marshmallow swirl ice cream.

None of this, of course, means you can't still eat a pint on the couch. THE ASSOCIATED PRESS



INSPIRED BY TV

London RV lab lets you cook up a cocktail, Walter White-style

Breaking Bad fans jonesing for more of their favourite show may be interested to know of a pop-up bar inspired by the series that will turn an RV into a mobile cocktail lab in London this summer.

It's been about two years since the show ended. In the latest attempt to keep the series alive, the ABQ bar in London — which stands for the show's setting, Albuquerque, N.M. — will serve as an experimental cocktail lab allowing guests to cook up their

3

ABQ will operate for three months in London this summer.

drinks, not unlike the way Walt and Jesse cooked their meth.

For £30 (\$57 Cdn), guests will be shown how to mix their

own drinks with the help of a mixologist. The RV fits about 20 people at a time.

The show has also inspired Breaking Bad beer, doughnuts and bath salts — your garden/bathroom/bathtub variety, that is. AFP

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- Uses the same platform as the Sonic, Chevrolet's subcompact sedan and hatchback.
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- An IIHS Top Safety Pick.



MIKE GOETZ/FOR METRO

COOL FEATURES

- Available OnStar 4G LTE creates a Wi-Fi hotspot, which allows passengers to connect multiple devices to wireless Internet.
- Available Siri Eyes Free connects iPhone to vehicle's audio system.
- Ten standard airbags.

MARKET POSITION

- Subcompact crossovers are typically purchased by twentysomethings and empty-nest baby boomers, who like a small car's agility and economy, but want and need more utility.
- This segment is expected to grow substantially.

THE COMPETITION



Jeep Renegade
Base price: \$19,995



Subaru XV Crosstrek
Base price: \$24,995



Kia Soul
Base price: \$16,995

REVIEW

Chevrolet Trax reveals its agility, usefulness



Mike Goetz
Metro|Canada

Like the rest of the world, Canada is becoming increasingly urbanized. According to Statistics Canada, back in the 1920s, less than 50 per cent of Canadians were urban folk. Now it's more than 80 per cent and climbing.

Vehicle design has reflected this shift, and none more so than crossovers based on subcompact vehicle platforms. These subcompact crossovers can get off-road dirty, owing to their optional AWD systems and slightly higher ground clearances, but they're really built for urban conditions, where they can offer up tall-in-the-saddle visibility, small-car manoeuvrability, and "just big enough" insides, for the couples and singles that inhabit the condo towers.

Chevrolet Trax was one of the first crossovers to really work this urban agenda, debuting back in 2013, and concentrating on two areas that have high appeal for its intended audience — safety and connectivity. Like many Chevrolets, Trax is ready to be hooked up to OnStar, and its available 4G LTE Wi-Fi hot-

spot. After the free trial period, however, you will need to pony up for monthly subscriptions for OnStar itself, and for a Wi-Fi data plan.

Bluetooth is standard. Rear vision camera and rear obstacle detection, and Bluetooth streaming audio, are standard on the top 2 trim lines (LT, LTZ). More electronic wonders can be had with MyLink (optional on LT, standard on LTZ), which offers a nice big touch screen, and smartphone integration to leverage lots of fun and useful apps, including Siri Eyes Free.

A plethora of airbags, and a body structure composed of 66 per cent high-strength steel, enabled Trax to ace the crash tests, one of the select few in its class to do so.

Another bright spot is ample room for four adults, though rear seat passengers will have a big bend in their knees if they're tall-ish.

Fuel efficiency is another strong suit.

In other aspects the Trax is average, or less. The interior design is useful and looks great, but also has big sections of hard plastic.

The 1.4-litre turbo is a bit loud and a bit challenged to accelerate smartly on the highway, but the transmission shifts well, and the high top gear allows for relaxed cruising.

Trax is a decent example of a great, new vehicle form, which can confidently fulfil a lot of urban transportation needs.

DESIGN

Zagato unveils 'monstrous' Maserati

As Maserati begins to conclude its centenary year celebrations, no one is better qualified to ensure the party ends with a huge automotive crescendo than Zagato, the company behind so many iconic Maserati designs of the past.

And the Mostro powered by Maserati is sure to generate a lot of noise now that Zagato unveiled it this past weekend as part of this year's Villa d'Este Concorso d'Eleganza classic car show on the banks

of Lake Como in Italy.

The event has been a mecca for concourse condition classics, coach-built exotic flights of automotive fancy and for concept cars that push the envelope of what is possible in terms of exterior design. However, unlike many of the star cars on show this year, this Zagato-built Maserati is the real deal.

Inspired by the Maserati 450S Coupé Zagato, commissioned and raced by Sir Sterling Moss at the 1957 Le



The Maserati Mostro by Zagato. The show car is the first of five planned production models. ZAGATO

Mans 24 Hours, this car isn't a concept, it's the first of five production models, each of

which has already been sold.

However, it means several people are going to have an

exceptionally happy Christmas, as Zagato has earmarked December 2015 as the delivery date for client cars.

The Mostro is built almost entirely from carbon fibre — it permeates every body panel, although the MonCell is a mix of carbon fibre and steel tubing — and power comes from a Ferrari-Maserati-developed 4.2-litre V8 engine.

Like its automotive inspiration, this car is built for the track. It has double wishbone

suspension and pushrod actuated shock absorbers to minimize unsprung weight, while its six-speed semi-automatic transmission is rear mounted for better weight distribution.

And while its makers promise that like the original, it will dominate a racing circuit, it will be totally road legal, too, and it's understood that the huge, fixed rear wing is removable for a better cruising esthetic.

AFF

DETAILS

Cruiser facts and figures

- It takes workers about 5.5 hours to outfit a vehicle for police use.
- It's believed the first motorized police vehicle was an electric patrol wagon, used in Akron, Ohio, in 1899. It included a gong and a stretcher.
- Ford's Police Interceptors have to be capable of withstanding a 120 km/h crash from the rear.

JIL McINTOSH/FOR METRO



Ford's Police Interceptor SUV is based on an Explorer, but outfitted for law enforcement. FORD

Don't judge a police car by its cover

ON THE JOB

Ford reveals specifics of law enforcement vehicles

Jil McIntosh For Metro

Other than the flashing lights and paint scheme, most police vehicles generally look similar to their civilian siblings. But they're considerably different under the skin, and built from the ground up for the hard life of a law enforcement vehicle.

"These are not retrofitted vehicles," says David Shuttleworth, commercial sales manager of Ford Canada. "They're built in Chicago at the same plant as the regular Taurus and Explorer, but they have unique features fitted to them before they come off the end of the line, and then they go to another facility for their final upfits."

Their engines and transmissions are tuned for optimum acceleration, but they also need to use as little fuel as possible and run cool when they idle, which they often do for long periods of time. Their anti-lock brakes and traction control are also uniquely tuned, and they have heavy-duty brakes, wheels, tires, suspension components, and alternators.

In the front, the seats are upholstered in heavy-duty cloth, and have sculpted backs so officers can sit comfortably while wearing their utility belts. In addition to a white dome light, there's also a red one for surveillance work. While civilian

vehicles have console-mounted gear shifters, Ford's Police Interceptor sedans and SUVs don't have a centre console, and their shift levers are on the steering column. The gap between the front seats is the same as in the discontinued Ford Crown Victoria, so police forces that used the old model can simply move their equipment into the new vehicles.

"The dash is unique to these vehicles," Shuttleworth says. "There's a universal mounting tray, reinforced with steel, on top of the dash so you can mount something like a camera."

The rear seats are covered in vinyl, and the door panels are flat, without pockets or cupholders. There are rear door handles, lock buttons, and window switches, but these can be disabled so "police customers" can't get out.

Beyond the standard equipment, police forces can choose from some 125 different options and packages. These include ballistic door panels, equipment mounting plates, and "mapable" steering wheel buttons, which can be

programmed for such tasks as turning on the lights or siren. Cars can also be outfitted with a trunk tray to hold equipment, or a lockable vault to hold drugs or weapons when they're transported from a crime scene.

"These vehicles can only be purchased by law enforcement, and not by civilians," Shuttleworth says. "Structurally and dynamically, they're way different from anything you'd buy retail, because they have a different job to perform."

TECH

Sonata nets Android Auto

All new Sonatas sold in the U.S. with a navigation system will now come with Internet search giant Google's smartphone-mirroring technology on board as standard.

What's more, any owners of an existing 2015 Sonata can also activate Android Auto via a free software update.

gle's Android Auto brings the best and most useful features of a smartphone safely to a car's dashboard.

Car companies have so far struggled to bring either Apple's or Google's systems to their production models, partly because they have been trying to develop in-car systems that support both technologies. AFP

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+ AUTO NEWS RENAULT SEEKS TO CONQUER INDIA WITH NEW BUDGET CAR



Carlos Ghosn, chairman and CEO of Renault, speaks at the launch of the Kwid car in Chennai, India. AFP PHOTO/STR

Renault gained a foothold in the huge but highly competitive Indian market last week with the launch of its first budget car developed especially for India. Renault chairman and CEO Carlos Ghosn described the Kwid compact hatchback as "a car for conquest." The Kwid will go on sale in the second half of the year priced at \$4,700. "India is not an easy market," Ghosn said at the launch in Chen-

nai, India's car-making hub. "This vehicle is a global car — if we make it in India, we will surely make it in all the world." He added that India could be the world's fourth-biggest car market within five years. Renault cars now account for around 1.5 per cent of sales in India but the company aims to swiftly increase that to five per cent with the Kwid and a new family car called the Lodgy. AFP

Systems on way for quiet rides

TECH

Digital noise cancellation comes without added weight

From Harman to Mitsubishi Electronics and Bose, companies are developing clever digital noise-cancelling systems that will make your next car's cabin as quiet as a library by using algorithms and microphones rather than layers of heavy soundproofing material.

Last week, Mitsubishi Electronic unveiled a new digital Active Noise Control (ANC) system for making car cabins quieter. Called FlexConnectANC, it can even deaden less predictable aural disturbances, as well as typical engine vibration and tire roar and will be available for other manufacturers to integrate into their upcoming vehicles.

"(It) provides drivers and passengers a quieter environment, enabling them to hear phone calls, music and navigation commands by minimizing outside interference," said Mitsubishi Electric's Doug Ray. "A precisely tuned audio experience, including advanced ANC, will continue to be a growing differentiator for OEMs (original equipment manufacturers) — an experience not avail-

able from consumer devices or the aftermarket."

The company is not alone. Audio firm Harman unveiled its own solution, HALOsonic, at the International CES in Barcelona, Spain, in January.

"An uncompromised sound experience is more important than ever to today's drivers, and less noise also means drivers are less likely to become tired or distracted," said Michael Mauser, president of Harman Lifestyle Division.

Active Noise Cancelling systems monitor the sounds being created by the car and entering the cabin and then create an equal, opposite sound, which is then pumped out of the speakers. The two sound waves cancel each other out.

Bose put the technology on the map with its noise-cancelling headphones and now it, too, has an in-car version of the system which is already used by Cadillac and Renault among others.

"Digital" soundproofing will also help car companies build lighter, more efficient cars that aren't weighed down by sound-deadening materials.

"We can provide automakers with greater opportunities to exploit lightweight materials without the risk that the perception of quality and harmony in the car will be compromised," said Mauser. AFP

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STOCK# V802892

Ya!



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Cool Silver on Saddle Brown
leather. 4,876 kms

WAS \$58,785

now \$48,909*

STOCK# V12067

Ya!



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on Black Vienna. 5,875 kms

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Companies are working on cabin noise-cancellation methods that use algorithms and microphones. KICHIGIN/SHUTTERSTOCK.COM

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South End Halifax

RECIPE Pepper Stuffed with Quinoa and Charred Corn Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

Twitter: @rosereisman

Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1 1/2 cups chicken or vegetable stock
- 1 cup quinoa
- 1 cup canned corn kernels, drained
- 1 cup diced broccoli
- 1 cup diced red bell pepper
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp rice vinegar
- 1 Tbsp olive oil
- 2 tsp liquid honey
- 1 1/2 tsp sesame oil
- 1 tsp minced fresh garlic
- 1/3 cup chopped fresh cilantro or parsley

Directions

1. Bring the stock to a boil in a

saucepan. Stir in the quinoa. Reduce the heat to the lowest heat and simmer, covered, about 15 minutes. Drain off any excess liquid. Place in a serving bowl.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the corn, stirring frequently, until it begins to char, about five minutes over medium heat. Stir in the broccoli and red pepper. Cook for four minutes, or just until the vegetables begin to soften. Transfer to the bowl with the quinoa.

3. Add the remaining ingredients to the quinoa and toss to coat.

Nutrition per serving (recipe serves 6)

- Calories 167
- Protein 5.4 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 5 g
- Saturated fat 1 g

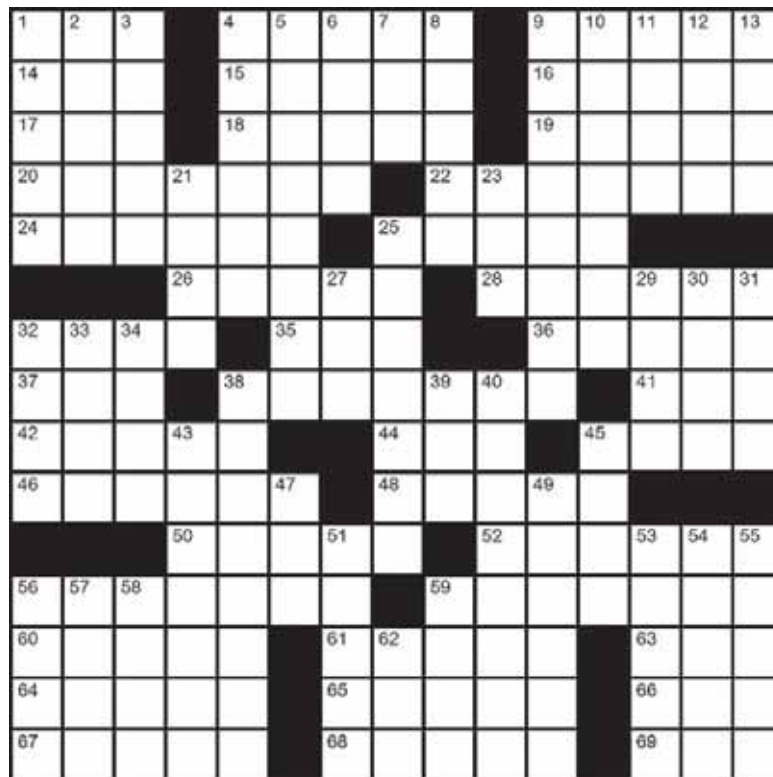
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. 7's phone letters
4. Upper house area
9. Performing very well
14. Roman Numeral for 52
15. Liquid-Plumr competitor
16. Prefix with 'path'
17. Horiz.
18. More pink, as steak
19. Tablet of yore
20. Vatican VIP: 2 wds.
22. Bernhard __, Music Director of Symphony Nova Scotia
24. Virgil epic
25. Fraternity letter
26. Baby deliverer
28. Get
32. Soapbox
35. __-Wan Kenobi
36. Overhang
37. Grazing land
38. Town on Lake Ontario near Hamilton
41. A-L-B-E-R-T-A cheer starter, "Give me __ '!'"
42. Web message
44. Ms. Zadora
45. Comedian's creation
46. Universe
48. PEI community
50. Mind your __ Qs
52. Most sky or ocean hue
56. Fettuccine __



- (Pasta dish)
59. Medieval maladies
60. Artsy hat
61. "How do __?" (Is this outfit okay?)
63. Toronto-born musician Mr. Emmett
64. "Cease!" on

- the seas
65. __ Islands, in the North Atlantic
66. U2 song
67. Shampooing direction
68. Backyard buildings
69. But, to Brutus

DOWN

1. Silver: Spanish
2. Wealthy: French
3. Ambulance signal
4. Skillful
5. Secret stage exit
6. Weight allowance

7. 'Brilliant' suffix
8. Buckingham Palace dog
9. National __ of Quebec
10. Sort in sequence
11. Suffix with 'Poet'
12. Evening, fun-

- style
13. Theatre-__ (Play attendee)
21. Money in Mexico
23. Actor Mr. Tognazzi
25. Watched every penny
27. Baseball stat.
29. Alaskan island city
30. Prefix meaning 'Fire'
31. Tidy
32. Mr. Baldwin
33. Business note
34. Sheep sounds
38. Canadian brand of chocolate-covered raisins
39. 'S' of RSVP
40. Animosity; or, current Taylor Swift song: 2 wds.
43. Shania Twain's "That Don't __ Me Much"
45. Cozy
47. " __ Songs (Say So Much)" by Elton John
49. Land __ (Recreational region in Ontario); or, brand of margarine
51. __, and or but!
53. Overseas moneys
54. River of Paris
55. Pshawed
56. "Two guys walk into __..." (Joke intro)
57. __ Strauss & Co.
58. Ms. Drescher
59. Skin opening
62. Music note

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is a possibility you will find yourself in the wrong place, at the wrong time with the wrong people today. Don't worry, you will soon get back to where you should be. Next time, be more careful.

Taurus April 21 - May 21
Play to your strengths. Focus on what you are good at. If someone asks you to do something that you doubt will work out, turn them down flat. You like a challenge but you like a challenge you can master better.

Gemini May 22 - June 21
Will you be a heroic failure or a huge success? That depends on how soon you go after your target. Hold off until the weekend when the universe will be on your side.

Cancer June 22 - July 23
Do the opposite of what your instincts tell you today. If you feel like speeding up, slow down. If you feel like slowing down, speed up. Everything is up in the air, including your own thoughts and feelings.

Leo July 24 - Aug. 23
Whatever you worry about today don't worry about money. If you do, you are likely to make a rash decision. If you worry about anything, worry about worrying too much.

Virgo Aug. 24 - Sept. 23
Question everything you hear today, even if it comes from a trustworthy source. While Mercury is moving retrograde you should take nothing on trust. With Mars strong, you could be ruinously impetuous. Play safe.

Libra Sept. 24 - Oct. 23
Do not, under any circumstances, get caught up in a neighbourhood dispute today. You may think you know how to resolve the situation but they won't listen. Worse, they may gang up on you.

Scorpio Oct. 24 - Nov. 22
One minute you want to do one thing and the next minute you want to do something else. You are usually much more decisive than this. Come tomorrow you will be back to your old self.

Sagittarius Nov. 23 - Dec. 21
You are focusing on the worst outcome to a situation that will likely never happen. Be positive and go to bed early for a change. Tomorrow the world will seem a rosier place.

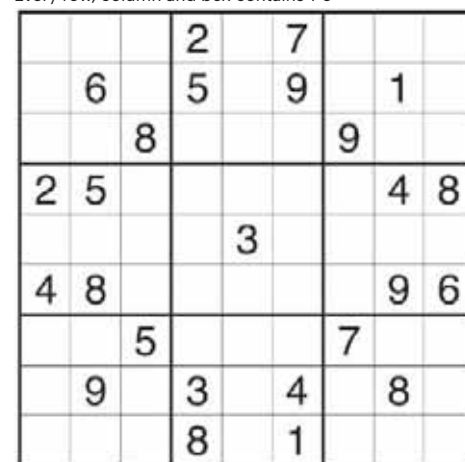
Capricorn Dec. 22 - Jan. 20
Explore. Visit places you have never been before. Not only will it be fun but it will widen your outlook and make you realize how fortunate you are compared to most.

Aquarius Jan. 21 - Feb. 19
What you fear the most is the one thing you least need to fear. With the planet Mercury moving retrograde things are sure to be jumbled up.

Pisces Feb. 20 - March 20
Whatever you are told by friends and family today you should act on the assumption that there are things going on behind-the-scenes that would change the picture completely if you knew about them. Maybe you don't want to know!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

4/02



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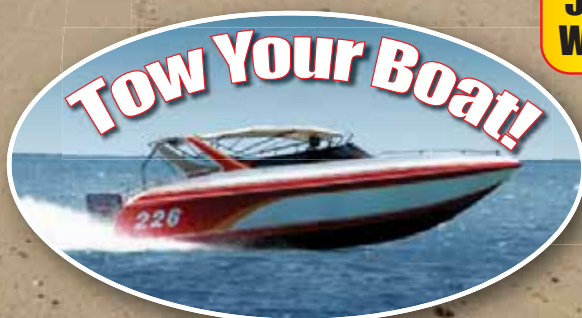
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